



Renee D.

“I am excited to see what life has in store for me.”

PRSRT STD
U.S. POSTAGE
PAID
NORFOLK, VA
PERMIT #281

In Her Own Words:

☞ My name is Renee and I'm an alcoholic. I was a patient at Mount Regis in September 2018. I will have 2 years in recovery on September 3.

When I entered treatment I was completely broken, mentally exhausted and depressed. I desperately needed help to stop using alcohol as a way to numb myself. After getting treatment I found my way back to my higher power and learned the power of prayer.

I am enjoying life to the fullest and never want to take my life for granted. We get one life to live and we should live our best life. We should strive for the best version of ourselves. I am grateful for the knowledge I gained in treatment. I am excited to see what life has in store for me. ☞

You Are Not Alone

Stay on track with MRC Alumni Association

- Transition to everyday life/new skills
- Help prevent relapse
- Encouragement/Support
- Stay connected



www.mtregis.com/about/alumni



Informing People Improving Lives

Top Stories for September 2020

Vol. 1, Issue 02



Recovery In The Safety Of Your Own Home

During these times, you are being told to shelter in place, to keep your distance from others and limit interactions with the outside world, but you need your community now more than ever—friends, family, and peer support groups who can help you keep your recovery on track. Mount Regis has the answer—Virtual IOP. You get the same treatment at home—online with your laptop, tablet or smart phone—that you are used to with in-person groups.



Safe At Home. Support Network Still in Place.

Mount Regis Virtual IOP delivers the same treatment online as in-person groups. It's the same program and the same licensed clinicians. Your private health information is completely secure. Virtual IOP is delivered through HIPAA compliant technology. We do not record your sessions and your information will never be shared with anyone... ever.

The technology is simple to use. Your portal is protected by your own ID and Password. You log in and there you are, with your regular facilitator and group... ready to go! You will see and hear your facilitator. You will see and hear each of your group members individually. They will all see you, face-to-face. Are you ready to get started?

NATIONAL RECOVERY MONTH September is National Recovery Month, sponsored by the Substance Abuse and Mental Health

Services Administration (SAMHSA). This national observance celebrates the millions of Americans in recovery, reminding us that treatment is effective and that people can and do recover. Join the voices for recovery. www.recoverymonth.gov/



Reflections on Recovery
Curt Lane
CEO,
Mount Regis Center

Recovery

True, this is a positive word in our minds, but it is a word which we hear and say so often that the full brightness of the light it holds can dim in our minds. We can't let that happen. We have to stop every so often and reflect on the power of Recovery... Recovery from the slavery of addiction, loneliness and isolation, powerlessness, sickness, loss and lacking, hurt and pain. Recovery from certain death.

Equally important, we need to reflect on the beauty of Recovery... Recovery of hope, of health and strength, of peace, of personal potential, of self-control, of our spiritual life, of our future. Recovery of our friend, our brother or sister, our mom or dad, our mate. Recovery of our child.

I have been incredibly blessed in my time at Mount Regis Center to see thousands of people experience the recovery from all these things and to work with people, past and present, who dedicated their lives to this purpose. Few people have been blessed with such a rewarding career.

I leave Mount Regis Center with deep gratitude and great hope. As our understanding of addiction continues to grow, our treatment will steadily improve and recovery will increase. The staff at Mount Regis Center is focused on this goal and passionate about our patients. This is why Mount Regis Center and its staff will continue to be God's answer to thousands of prayers for hope, help, and recovery.



New IOP Center Coming To Blacksburg

Mount Regis announces the October opening of a new satellite center at 810 University City Blvd. in Blacksburg, VA. The center will offer IOP counseling, serve as an alumni meeting place and launch our telehealth programs. The center features offices, conference rooms, classrooms and private meeting spaces. Residents of the NRV will have greater access to IOP treatment for substance use.



Peter Pennington, M.S., NCC, LPC,
Regional Business Development Director, Mount Regis Center

Watch Peter and Allison Schad (UNC) host "Critical Issues in LGBTQIA Patient Care", an on-demand webinar from NAADC that every addiction professional, EAP, counselor, or psychologist working with gender and sexual minorities should watch. You will learn terminology, critical factors leading to substance use in LGBTQIA populations, risks in current laws and best practices to improve policies. Free to all professionals at <https://www.naadac.org/cultural-humility-LGBTQIA-critical-issues-webinar>. Watch any time. There's a lot to learn.